



The Natural Way to a Healthy & Energetic Life Newsletter # 14:

April 2011

Nuts — A Real Healthy Treat

Could nuts be one of the secret ingredients to weight loss? A couple of studies have found a correlation between relatively high nut consumption (two or more servings a week) and avoidance of weight gain and obesity.

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DIETING CAN WEAKEN THE IMMUNE SYSTEM

2nd June 2004... ?

The date is not a misprint. The findings are as accurate for NOW as for THEN.

"A new study has found that "yo-yo dieting" – repeatedly losing, then regaining weight – may harm a woman's immune system".

Researchers in the study, published on the 2nd June in the Journal of the American Dietetic Association, interviewed 114 overweight but otherwise healthy sedentary, older women about their weight-loss history during the past 20 years. The women had to have maintained a stable weight for at least three months before joining the study, which was funded by the National Cancer Institute.....

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But what about the eggs?

Often you hear that eggs are good for you or they're not. Has anyone told you that brown eggs are more nutritious? Do you ever wonder why sometimes your hard boiled egg has a green ring around it, and is it safe to eat? Read the facts about eggs.

Benefits:

- Eggs are an excellent source of high quality protein.
- They have the right mix of essential amino acids needed to build tissues, and have 13 essential vitamins and minerals.
- The egg yolk is the major source of the egg's vitamins and minerals and is one of the few foods that provide natural vitamin D.

[Read more....](#)

Dynamic vs. Static Exercise and Stretching **What is Dynamic Exercise or Stretching?**

Dynamic Exercise or Dynamic Stretching activities keep joints, connecting tissues and muscles in good condition. Examples of exercise or activities that would use dynamic resistance are swimming, walking, cross country skiing, bicycling, weight training, and many other activities where movement and some resistance or load is involved. Blood circulation, strength, and endurance are improved by these continuous movements.

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Fresh lemon grass fields in Israel become Mecca for cancer patients

A drink with as little as one gram of Lemon Grass contains enough Citral to prompt Cancer Cells to commit suicide in the test tube.

Israeli researchers find way to make cancer cells self-destruct -
Ben Gurion University, Israel.

It all began when researchers at Ben Gurion University of the Negev discovered last year that the lemon aroma in herbs like lemon grass kills cancer cells in vitro, while leaving healthy cells unharmed.....

[Read more.....](#)

New Dietary Guidelines

8 foods to eat more of -- 7 to cut back on

The latest nutrition guidelines from the U.S. Department of Agriculture and the Department of Human Services have a new emphasis: weight control. In previous years, the guidelines focused on nutrients: What proportion of fats, proteins, and carbohydrates is optimal for health? Or, what amounts of different vitamins and minerals do you need to protect yourself from diseases?

[Read more.....](#)

Do you have any of the undermentioned or other issues that may be delaying necessary lifestyle changes? Or, are there any specific issues that you would like us to research for you?

If so, contact us now. All inquiries and replies are held in the strictest of confidence. Your Body is your greatest asset. Learn about it and Provide for its Needs.
For attention: Lionel **Email address: health@meandmybody.com**

Situations where we may be able to offer advice and help.....

- * I don't have time or the incentive for Exercise or to join a health club.*
- * How do I start an Exercise program?*
- * Is Stretching enough without Exercise?*
- * I have to become more active. But how?*
- * I want to control my eating habits. But how?*
- * My persistent headaches are killing me.*
- * I cannot get out of my fast-food habit.*
- * I never thought that at the ripe age of 60, I would not be able to play with my grandchildren.*

Introduce a friend or family member to our website -
www.meandmybody.com

Lionel H. Phillips D. O. A Member of the IHRSA (International Health, Racquet & Sportsclub Association) Panel of Experts for the "Ask the Industry Leader Program".

